These activities will help your students understand the role of the respiratory system.

Related KidsHealth Links

Articles for Kids:
Your Lungs & Respiratory System
KidsHealth.org/en/kids/lungs.html

Movie: Lungs & Respiratory System
KidsHealth.org/en/kids/rsmovie.html

Activity: The Lungs
KidsHealth.org/en/kids/bfs-rsactivity.html

Word Find: Respiratory System
KidsHealth.org/en/kids/bfs-rswordsearch.html

Quiz: Lungs & Respiratory System
KidsHealth.org/en/kids/rsquiz.html

Articles for Teens:
Lungs and Respiratory System
TeensHealth.org/en/teens/lungs.html

Coping With Colds
TeensHealth.org/en/teens/colds.html

Flu Facts
TeensHealth.org/en/teens/flu.html

Asthma
TeensHealth.org/en/teens/asthma.html

Bronchitis
TeensHealth.org/en/teens/bronchitis.html

Pneumonia
TeensHealth.org/en/teens/pneumonia.html

Sinusitis
TeensHealth.org/en/teens/sinusitis.html

Cystic Fibrosis
TeensHealth.org/en/teens/cystic-fibrosis.html

Resources for Teachers:
Asthma Special Needs Factsheet
KidsHealth.org/en/parents/asthma-factsheet.html

Cystic Fibrosis Special Needs Factsheet
KidsHealth.org/en/parents/cf-factsheet.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. The respiratory system includes the nose, throat, voice box, windpipe, and lungs. What do you think makes these parts a body system?

2. What are some factors that influence how well the respiratory system works? Which factors are harmful and which are helpful? What can you do to keep your respiratory system healthy?
Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Captain O2 to the Rescue!

Objectives:
Students will:
- Demonstrate knowledge of the function of the respiratory system
- Illustrate the path of oxygen through the respiratory system

Materials:
- Computer with Internet access
- "Captain O2 to the Rescue" handout or plain paper
- Art supplies (colored pencils, markers)

Class Time:
1 ½ hours

Activity:
Check out KidsHealth.org to learn all about the parts of the respiratory system and how these body parts work together to help you breathe. Once you have the information, write and illustrate a comic strip about Captain Oxygen, a courageous and daring oxygen molecule better known as Captain O2, leading his fellow oxygen molecules through the respiratory system.

Extension:
Captain Oxygen and his fellow oxygen molecules can’t make their way to cells throughout the body without the help of other body systems. Write an essay explaining how other body systems play a role in breathing.

Reproducible Materials

Handout: Captain O2 to the Rescue!
KidsHealth.org/classroom/6to8/body/systems/respiratory_handout1.pdf

Quiz: Respiratory System
KidsHealth.org/classroom/6to8/body/systems/respiratory_quiz.pdf

Quiz Answer Key: Respiratory System
KidsHealth.org/classroom/6to8/body/systems/respiratory_quiz_answers.pdf
Instructions: Use this storyboard to write and illustrate your comic strip about Captain Oxygen.
Quiz

1. Another name for the windpipe is:
   a) Bronchi
   b) Bronco
   c) Trachea
   d) Tricky

2. We inhale this gas into our lungs to help keep our body's cells alive:
   a) Carbon dioxide
   b) Carbon monoxide
   c) Nitrogen
   d) Oxygen

3. We exhale this gas out of our lungs as waste:
   a) Carbon dioxide
   b) Carbon monoxide
   c) Nitrogen
   d) Oxygen

4. Another name for the voicebox is:
   a) Larry
   c) Larynx
   d) Lynx
   e) Pharynx

5. The muscle below the lungs that helps us inhale and exhale is the:
   a) Diadelmuerte
   b) Diaphoresis
   c) Diaphragm
   d) Diatom
Quiz Answer Key

1. Another name for the windpipe is:
   a) Bronchi  
   b) Bronco  
   c) Trachea  
   d) Trickya

2. We inhale this gas into our lungs to help keep our body’s cells alive:
   a) Carbon dioxide  
   b) Carbon monoxide  
   c) Nitrogen  
   d) Oxygen

3. We exhale this gas out of our lungs as waste:
   a) Carbon dioxide  
   b) Carbon monoxide  
   c) Nitrogen  
   d) Oxygen

4. Another name for the voicebox is:
   a) Larry  
   c) Larynx  
   d) Lynx  
   e) Pharynx

5. The muscle below the lungs that helps us inhale and exhale is the:
   a) Diadelmuerte  
   b) Diaphoresis  
   c) Diaphragm  
   d) Diatom